

Tips From Former Smokers – Marlene

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

[Marlene] I'm Marlene. And I'm lucky.

I have macular degeneration. That's when the blood vessels in your eyes leak and you can see blind spots in front of you. Eventually, you can go blind.

Smokers are a lot more likely to get macular degeneration. And I smoked.

I'm lucky because there's a treatment for it.

Every month I sit in a chair with my eyes held open by a retractor. Then the doctor takes a needle and injects medicine right into my eyes.

The first time the needle went in it sounded like an egg cracking.

Every time I feel that needle in my eyeball, I wonder why I ever put that cigarette in my mouth.

My tip is: Smoking wasn't worth going through all this. And I'm the lucky one.

[Announcer] Smoking can cause macular degeneration. You can quit. For free help, call 1- 800-QUIT-NOW. A message from the Centers for Disease Control and Prevention.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.